

Long Term Planning Overview	Key Stage 4	Subject Area: GCSE Food and Nutrition	Academic Year: 2022/23
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Year	Study Modules Assessment	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 10	Study Modules	Food and Nutrition Healthy eating guidelines, macro nutrients (fat, protein, carbohydrate), Energy, fibre, water, using software for nutritional analysis	Food and Nutrition Micronutrients (calcium, iron, water soluble and fat soluble vitamins), dietary related diseases, special diets Heat transfer	Food Science Sensory analysis, raising agents (chemical, mechanical, biological)	Food Science fats, protein, sugars and starches, cheese making	Food hygiene Methods of food contamination, pathogenic bacteria, temperature zones, food preparation and storage, risk assessment	Preparation for year 11 Meal planning task including research, recipe ideas, nutritional analysis, 3 hour practical exam and sensory analysis
	Assessment	Mock exam	Mock exam	Experimental work and mock exam	Experimental work and mock exam	Mock exam	Mock practical exam
	Builds upon	Eatwell Guide and Government healthy eating guidelines Sources and functions of macro nutrients Basic practical and knife skills	Functions of iron and Vitamin C in the diet Heat transfer (taught in science)	Functions of ingredients in baked products. Whisking method	Denaturation, coagulation and synerisis in proteins (taught in year 9) Gelatinisation of starches	Basic rules of food hygiene Conditions needed for bacteria to grow (taught in science)	Nutrition and health, planning meals for special diets.
	Introduces	Use of The Nutrition Program Recipe modification to improve nutritional value	Sources, deficiency and excess of micronutrients.	Chemical reactions that occur when different raising agents are used	Caramelisation and dextrinization, plastic and aerating properties of fats	Specific food poisoning bacteria Temperature control and The Danger Zone	Researching a task Justifying recipe choices



		<p>Excess and deficiency of nutrients</p> <p>The importance of water in the diet</p> <p>Exam technique and how to tackle extended answer questions</p>	<p>The symptoms and causes of dietary related diseases</p> <p>Planning meals for special diets</p> <p>Presentation techniques (decoration and garnish)</p> <p>How cooking methods affect the nutritional value of foods</p>		<p>Roux methods of making sauces</p> <p>Gelling</p> <p>How to make cheese (mozzarella and feta)</p>	HACCP	<p>Creating a timeplan</p> <p>Producing a 3 course meal under exam conditions</p>
Year 11	Study Modules	<p><u>NEA 1 Food science investigation</u></p> <ul style="list-style-type: none"> • Secondary research • Hypothesis and outline of investigations • 4 experiments with write-ups • Final conclusions and application of findings 	<p><u>NEA 2: Food Preparation Task</u></p> <ul style="list-style-type: none"> • Research plan • Primary and secondary research • Analysis • Recipe ideas and technical skills 	<p><u>NEA 2: Food Preparation Task</u></p> <ul style="list-style-type: none"> • Making and testing ideas • Planning the final menu • Timeplan • 3 hour practical exam • Nutrition and costing • Evaluation 	<p><u>Sustainability and Food provenance</u></p> <ul style="list-style-type: none"> • Farming methods (organic, intensive, free range) • The 6Rs • <u>GM</u> foods • <u>Food</u> production and processing • <u>Packaging</u>, labelling and marketing 	<u>Revision and exam technique</u>	
	Assessment	Externally assessed by exam board	Mock exam	Externally assessed by exam board	Mock exam	Externally assessed by exam board	



	Builds upon	N/A	N/A	N/A	Basic knowledge of environment and sustainability (taught in geography, science and PSHCE)		
	Introduces	N/A	N/A	N/A	Advantages and disadvantages of different farming methods Legal requirements of packaging and labelling Factors affecting food choice		

